Telegrams: "Mapleton's-Garston-Lancs." Telephones: 916 & 917 Garston.

MAPLETON'S NUT FOOD Co., LTD.

HUGH MAPLETON
FOUNDER & GOVERNING DIRECTOR

GARSTON, LIVERPOOL.

TRADE MARK — ALL FROM THE NUT

RETAIL PRICE LIST and CIRCULAR JUNE, 1933.

The specialities herein quoted may be obtained from any Health Food Store; the name and address of nearest Agent will be sent with pleasure on receipt of a post-card.

INTRODUCTIONS.	REDUCTIONS.	ADVANCES.
Nut Gravy.	Wholemeal Macaroni.	Various Shelled Nuts.
British 100% Wholemeal Macaroni.	Spanish Black Figs.	
"Lightning" Can Opener.	Ginbrett's Biscuits.	
	Agar Agar.	

NUT GRAVY.—This is a delicious gravy in solid form which will dissolve readily when beaten up with boiling water. It is extremely nourishing, and, for this reason, coupled with its attractive flavour, makes a delightful soup, and is especially useful as an invalid soup. Rather less water should be used for soup than for gravy.

BRITISH 100% WHOLEMEAL MACARONI.—We are pleased to announce we are now offering this, and that we have been able to effect a considerable reduction in price from the Italian type, as we now offer in ½-lb. window packets at the very cheap price of 4d. per packet.

"LIGHTNING" CAN OPENER.—With this Can Opener it is now possible to open all and any shaped tin or can with perfect safety. The top of the tin is removed completely, enabling the whole of the contents to be turned cleanly out of the tin. It is impossible to cut oneself, as there is no cutting edge or knife exposed, and the action of opening the tin is merely that of turning a large handle. These Openers are just the thing for opening tinned Nut Meats and Savouries, for they will turn them out perfectly whole and unscarred. Price 2/6.

GINBRETT'S BISCUITS.—We are glad to be able to announce an all-round reduction in price, which we are confident will be reflected in much bigger sales. Ginbrett's Biscuits are both distinctive and delicious. The Fruit Malt is quite unlike any other biscuit on the market. Prices on page 6.

OLIVE OIL.—Now is salad time, and you will find on page 6 a range of packages of Pure Olive Oil for adding to your salads. We guarantee our Olive Oil to be prepared from first cold pressings of finest ripe Olives. You will find, nevertheless, that our prices are quite low.

WITHDRAWALS FOR SUMMER MONTHS.—2d. Fig and Nut Bars, and the Fig Varieties of Fruitarian Cakes, also Olive Cream, Emulsified Olive Oil, and Malt Extract and Olive Oil are withdrawn from sale during the summer months. They will be re-introduced in early autumn.

TERMS.—Orders of 10/- and upwards carriage paid. Half carriage or postage charged on orders between 5/- and 10/-. Full carriage or postage charged on orders of less than 5/-.

PAYMENT.—Cash with order.

All prices quoted in this list are subject to alteration without notice.

All weights are guaranteed as stated, when packed.

Our products are guaranteed absolutely pure and free from preservatives.

The contents of the packages marked in this list with a * are of foreign origin. Those marked with a † are of Empire origin. (Merchandise Marks Act 1926, Chap. 53).

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PRICES.

COOKING FATS.

Nutter, 1-lb. pkts., **7½d.**; ½-lb. pkts., **4d.**; 3-lb. tins, **2/2**; 28-lb. pail (galvanised) **7d.** per lb.

Nutter Suet (for frying and boiled puddings).—1-lb. pkts., **7½d.**; ½-lb. pkts., **4d.**

Solarda (Soft Nut Fat). 1-lb. pkts., **7½d.**; ½-lb. pkts., **4d.**

TABLE NUT BUTTERS AND CREAMS.

Nut Butters (1–lb. and ½–lb. pkts.).

Almond, 1/6 and **9½d.**; **Brazil, Pinekernel or Hazel, 1/3** and **8d.**; **Walnut, 1/2** and **7½d.**; **Cashew, Savoury or Coconut, 1/–** and **6½d.**

Nut Creams.	Screw-top glass jars	1-lb. tins
Almond	**1/5**	**3/-**
Brazil	**1/2**	**2/6**
Hazel	**1/-**	**2/2**
Walnut	**1/2**	**2/6**
Pinekernel	**1/6**	**3/2**
Cashew	**10d.**	**1/8**

Note—These Nut Creams are composed of the actual Nut only, according to variety.

Coconut Cream. (all Coconut)

1–lb. pkts. **11d.**, ½–lb. pkts., **6d.**

Peanut Cream Paste.

In screw-top jars. Large **1/8.** Small **1/-.**

Peanut Butter 1–lb. tins, **1/–**

FRUITARIAN CAKES.

Fruitarian Cakes (21 varieties).

Dessert Fruits.
Muscatel & Almond.
Brazil & Fruit.
Date & Nut.
Date & Almond.
Date & Hazel.
Date, Orange & Nut.
Apricot & Nut.
Grape & Peach.
Apricot & Plum.
Pear & Cherry.
Date & Coconut.
Apple & Clove.
Nectarine & Nut.
Date, Ginger & Nut.
Nectarine, Banana and Almond.
Peach & Walnut.
Date & Walnut.
Banana & Nut.
Date, Lemon & Nut.
Date & Raspberry.

In Cartons—3½d. and 6d. each.

Fruitarian Sandwich Cakes, 10 Varieties of Centre.

Nutolate.
Marzipan.
Coconut.
Raspberry.
Lemon.
Vanilla.
Orange.
Chocolate.
Blackcurrant.
Cherry.

In Cartons—3½d. and 6d. each and Cellophane-wrapped—4d. and 6d.

Fruitarian Cakes, 1d.
Sandwich Dainties, 1d. and 2d.

Fruitarian Slab Cakes.

In average 1–lb. and 2–lb. slabs, 1–lb. slabs **11d.**, 2–lb. slabs **1/9** (9 varieties: Nutolate, Marzipan, Chocolate, Almond, Raspberry, Lemoncream and Coconut Sandwich, Dessert Fruit and Brazil & Fruit)

SHELLED NUTS.

	To the oz.	Per lb. Loose.	Per Dust Proof Packet.
Jordan Almonds	19/20	2/1	1/11
" "	21/22	2/-	1/10
" "	22/24	1/11	1/10
" "	24/25	1/11	1/9
" "	27/30	1/10	1/9
Valencia Almonds	17/19	2/2	2/-
Sweet Blanched Almonds		2/2	2/-
Ground Sweet Almonds		2/6 per 1-lb. tin	
Italian Washed Sweet Pinekernels		2/2	2/2
Finest French Walnut Halves		2/1	1/6
Broken Extra Walnuts		1/6	—
Selected Barcelona Kernels		~~1/2~~ 1/3	~~1/2~~ 1/3
Mixed Nut Kernels (without Peanuts)		1/8	1/7
Mixed Nut Kernels (with Peanuts)		1/2	1/1
Java Peanuts		5d.	6d.
New Crop Whole Shelled Brazils		~~1/6~~ 1/7	—
New Crop Whole Shelled "Apex" Bold		~~1/7~~ 1/8	—
New Crop Whole Shelled "Suprex" Large		~~1/8~~ 1/9	—
New Crop Broken Brazils		1/4	—
Blanched Whole Cashews		1/5	1/3
Blanched Split Cashews		1/4	1/2
Blanched Broken Cashews		1/-	—

Shelled Nuts. (In Fancy Transparent Bags).

*Washed Pinekernels	8d. per bag.
Whole Shelled Brazils. *Almonds, Mixed Nuts, or Walnut Halves *Dessert Muscatels and Almonds,	6d. per bag.
*Barcelonas	5d. per bag
*Blanched Peanuts	3d. per bag
*Blanched Peanuts and Seedless Raisins	
*Java Peanuts and Seedless Raisins	2d. per bag
*Java Peanuts	

Salted Nuts.

	Decorated Tins	Screw-top Glass Jars.
Almonds	2/9	1/9
Brazils	2/9	1/9
Barcelonas	1/11	1/6
Pinekernels	3/4	2/-
Mixed (no Peanuts)	2/4	1/8
Cashews	1/11	1/6
Peanuts	11d.	11d.

FRUIT AND NUT PRODUCTS.

Nut-Filled Dates (Brazil, Almond, Walnut, Assorted Nut).—Cellophane wrapped packets, **6d.**; also **Assorted, 3d. All Varieties**—Loose, **1/1** lb.; Popular box, **10d.**

Grape and Nut Confections (in ¼-lb. cellophane wrapped rolls).—**Grape and Walnut** (cream covered), **5d.**; **Grape and Walnut** (Plain), **4d.**; **Grape and Brazil, 4½d.**; **Grape and Almond, 4½d.**

Brazil Fruit Fancies (3 varieties), Cherry, Banana and Orange—**2d.** pkts.; 4 oz. bars, **4d.**; 1-lb slabs, **1/2**; 2-lb. slabs, **2/3.**

Choco Brazilnut, cellophane packets, **8d.**, **4d.**, and **2d.**

2d. Fruit and Nut Lines.

Sandwich Dainties; Choco Delice Bars; Choco Brazilnut; Pressed Stoned Date Bars; Brazil and Fruit Bars; transparent bags **Dessert Mixture; Roasted Peanuts; Marzipan, Cherry Marzipan, Sweet Nut Sandwich, Mellowcream Fruit Bars.**

1d. Fruit and Nut Lines.

Sandwich Dainties; Fruitarian Cakes; Nutolate Crispits (Fruit and Nutolate); Nutolate Bars; Salted Peanuts; Java Peanuts.

DRIED FRUITS.

*Finest Dessert Mixture, in Window-outlook cartons, 1/-.
*Suprex Dessert Mixture (specially choice), 1/5 per lb.
*No. 1 Dessert Mixture (Muscatels & Assorted Kernels), 1/4 per lb.
*No. 2 „ „ (as above, but containing Peanuts), 1/1 per lb.

Thompson's Californian Unbleached Natural Sultanas, 7d. per lb.
*"Dromedary" Dates, 7½d. per carton.
*Selected Hallowi Dates.—1-lb. cellophane packets, 5d. each.
Block Dates.—Hallowi, 4d. lb.; Sair, 3d. lb.
†Dried Bananas (Choicest Quality), 10d. per 1-lb. pkt.; 6d. transparent bag.
Muscatels, Loose, 5-cr., 10d.; 4-cr., 8½d.; 3-cr., 7½d.
Spanish Black Figs, 7d. lb. loose; 1-lb. boxes, 9d.; 2-lb. tins, 1/11.
Genuine Natural Smyrna Figs, 6d. lb.
"May Queen" Brand Extra Choice Fruit Salad, 9d. per lb.

NUT MEATS AND SAVOURIES.

Nut Meats (in Tins).

White Brazil.—1-lb., 1/4; 8-oz., 9d.
Tomato; Pinekernel.—1-lb., 1/3; 8-oz., 8½d.

Savoury; Savoury with Forcemeat Centre; Galantine; Tomato Galantine; Curried Nut Meat.—1-lb., 1/-; 8-oz., 7d.; sample tins, 3½d.

Nut Meat Pudding.—18-oz., 1/1½ 9-oz., 7½d.

Nut, etc., Savouries.

Evening Relish (a delicate egg and tomato preparation).—2 varieties, No. 1 and 2—6d. per tin.

Nut Savouries (in cellophane-covered flat dishes).—7 varieties, Hazel, Tomato, Savoury, Cheese, Herb, Celery and Roast, 6d. per dish.

Tomato Paste.—In screw-top mono pots, 7d. each.

Sandwich Paste.—2 varieties, Blue and Red Label, in screw-top glass jars, small, 5d.; large 9d.; 14-oz jars, 2/3.

Roast Nut Paste.—6d. per tin.

Potted Nut Paste.—3 varieties, Brazil, Pinekernel, Walnut, 5d. per tin.
Creamed Macaroni Cheese.—7d. per 8-oz. tin.
Creamed Tomato Macaroni Cheese, 7d. per 8-oz. tin.
Blanched Cooked Chestnuts, 1lb. tins, 7d.
Baked Chestnuts in Tomato Sauce, 1lb. tins, 11d.
Baked Chestnuts in Savoury Sauce, 1lb. tins, 10d.
Baked Chestnuts in Piquante Sauce, 1-lb. tins, 1/-.
Tomato Soup (Plain and Cream). In powder form.—2d. per carton.

Nut Meat Powders. (Recipes for use on packets).

Savormix (a mixture of outstanding merit and distinction).—1-lb. pkts., 1/10; 4-oz. pkts., 6½d.

Maplemeat (2 varieties, Hazel and Walnut).—1-lb. pkts., 1/4; 4-oz. pkts., 4½d.; sample pkts., 2d.

Frittamix.—1-lb. pkts., 1/4; 4-oz. pkts., 4½d.

SAVOURY FLAVOURING POWDERS (in tins).

Onion Powder.—Small, 3½d.; large 2/7; 1-oz. screw top jars, 4d.

Celery Powder.—Small, 4½d.; large, 2/9.

SAVOURY FLAVOURING EXTRACTS (in screw-top glass jars).

Solid Verva.—2-oz., 10d.; 4-oz., 1/4; 8-oz., 2/4; 1-lb., 4/3.

Yeast-Vimal.—1½-oz., 7½d.; 3-oz., 1/2; 6-oz., 2/2.

Marmite.—1-oz., 6d.; 2-oz., 10d.; 4-oz., 1/6; 8-oz., 2/6; 1-lb., 4/6.
Nut Gravy.—1-lb. tins, 2/-; 1-lb. screw top glass jars, 2/3; 8-oz. jars, 1/3; 4-oz. jars, 9d.

HONEY-GRAINS.

(The Fruit and Nut Breakfast Food).

In tins, **9d.**; Family Tins (more economical), **2/-.**

BISCUITS.

Ixion Wholewheat 10d. per 1-lb. pkt.

Ginbrett's Biscuits (½-lb. pkts.):—Nutro Health (sweetened); Fruit Malt, Gingerbreads, Family Assorted, **7½d.** Parkins, **1d.** each.

Vita "B" Wholewheat Biscuits. Four varieties: Fruit, Ginger, Shortbread, Assorted. In ½-lb. pkts., **7d.** each.

OLIVE AND SALAD OILS AND OLIVE OIL PRODUCTS.

Finest French Olive Oil (choicest first cold pressing).

In tins: gallon, **12/-**; ½-gallon, **6/6**; quart, **3/8**; pint, **2/1.**

In bottles: large, **2/6**; medium, **1/5**; small, **10½d.**; nips, **7d.**

Finest Italian Olive Oil (choicest first cold pressing).

In tins: gallon, **12/6**; ½-gallon, **6/8**; quart, **3/9**; pint, **2/2.**

In bottles: large, **2/6**; medium, **1/5**; small, **10½d.**; nips, **7d.**

***Salad Oil.**

In tins: gallon, **7/-**; ½-gallon, **4/-**; ¼-gallon, **2/5**; pint, **1/5.**

In bottles: large, **2/2**; medium, **1/3**; small, **10d.**

Nut Oil.

In tins: gallon, **6/6**; ½-gallon, **3/8**; ¼-gallon, **2/2**; pint, **1/4.**

In bottles: large, **2/-**; medium, **1/2**; small, **9d.**

Olive Cream, Emulsified Olive Oil and Malt Extract, and Olive Oil are withdrawn during the summer months. They will be re-introduced in early autumn.

Nutritive Emulsifier, Sweet, **1/4** per tin.

NEW SEASON'S HONEY.

*HONEY.	Glass Jars. ½-lb.	1-lb.	Tins—per tin 3-lb.	6-lb.	12-lb.
Californian Orange Blossom	10½d.	1/6	3/6	6/9	13/-
Canadian White Clover	10½d.	1/6	3/6	6/9	13/-
Californian White Clover	10d.	1/5	3/3	6/3	12/-
Pale Chilian	9½d.	1/4	3/-	5/9	11/-

Prices of 60-lb. tins on request.

UNFERMENTED GRAPE JUICE.

Mostelle Unfermented Grape Juice.

Golden, Large single bottles, **3/3.** Small, **2/-** each.
Red, „ „ „ **3/-.** „ **1/10** „
Large Bottles, in one doz. cases, **3d.** per bottle less.
Small „ „ „ „ **1½d.** „ „

Welch's Grape Juice, 32-oz. bottles, **4/3;** 16-oz. bottles, **2/3** each.

MISCELLANEOUS.

Matte Real (South American Herb Tea), **1/6** per packet; Sample packet, **6d.**

Brazilian Matte Tea.—1-lb. pkts., **3/9;** ½-lb. pkts., **2/-;** ¼-lb. pkts., **1/-.**

Coconut Flour.—9d. per tin.

Sweet Herbs, seven varieties—Mint, Parsley, Thyme, Mixed Sweet Herbs, Celery Seeds, Sage and Marjoram, **2d.** per carton.

Roast Onion Slices.—4d. per carton.

Dried Spinach.—1-oz. pkts., **6d.** each.

*Washed Chopped or Ground Agar Agar, 1-oz. cartons, **6d.** per carton; loose, **6/6** per lb.

Unpolished Rice, 4½d. per lb.

Italian Natural Undressed Brown Rice, 4½d. per lb.

Sanvia (a pure Cereal Food Stimulant).—1-lb. tins, **3/3;** ½-lb. tins, **1/9.**

Instant Postum, 4-oz. tin, **1/7;** 8-oz. tin, **2/8.**

Olive Oil Soap (for household or toilet use), **7d.** per large double tablet.

Nut Mills, large, **4/6;** small, **2/6.**

"Mapleton's Perfect Shredder," 1/- (for Vegetables, Cheese, Bread, Fruits, etc.).

Marshall's Dessert Fruits, in eight varieties—Strawberries, Assorted Fruits, Tangerines, Orange and Lemon Slices (assorted or separate), Canton Figs, Jasmar Rahat Lacoum (Turkish Delight), Lime Fruit Slices, Raspberries. In drums, **1/-** each. Decofruits, **6d.** per box.

British 100% Wholemeal Macaroni.—4d. per ½-lb. window packet.

"Bantam" Pure Coffee (very highly concentrated).—In tins, 16-oz., **13/9;** 8-oz., **7/-;** 2-oz., **2/-;** 1-oz., **1/1½.**

Crushed Wholemeal Rusks—14-oz. packets, **8d.** per pkt.

Dundee Wholemeal Fruit Cakes—Nominal 2-lb. Cakes, **2/4** each; Slab Cake, **1/2** per lb.

Wholemeal Swiss Rolls.—4 varieties (Raspberry, Greengage, Apricot and Vanilla), **8½d.** per carton.

Gelozone Pure Powder (made from Carragheen).—In tins, **1/-, 1/9,** and **3/3.**

Soyolk (Soya Bean Flour).—**7d.** per pound.

Sowans (residue of millings of Oatmeal).—**3d.** per lb.

Vitasal (Health Salt).—**6d.** per carton.

***"Kissa" Crispbread.**—1-lb. pkts., **1/5;** ½-lb. pkts., **9d.**

"Lightning" Can Opener.—2/6 each.

DELIGHTFUL !

The freshness of Fruit—the nourishment of Nuts—and there you have HONEY-GRAINS, Britain's Best Breakfast! Lovely, ever-crisp grains with all the natural laxative value of fresh fruit. Try a tin now.

Ready to

Serve.

Children

love it !

In tins - - - **9d.** per tin

Family tins (more economical) - **2/-** per tin